

What is the "Heart"?

Holy Scripture uses two different word to speak of "Heart" (Leb – Kardia) and "Soul" (N'shamah – Psyche), so that we should not merely identify one with the other.

The Heart is identified as:

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- \checkmark the deepest part of ourselves
- \checkmark the well-spring of our true Identity

the physical organ of our bodily hearts

- ✓ our "Center"
- nour Inner Person 🖈
 - オ the "Gut" or "Belly"

The Heart is the Meeting Place or "Interface" between our Body, Soul and Spirit

The Heart is the Gateway between Soul and Spirit

+In the Heart, Mind (thoughts, imagination, memory) feelings and will come together+ In our hearts, all our abilities and activities of Mind, Emotions and Will meet together in a deep place within us, joining together to encounter, experience and interact with the Presence of God in our Spirits: Wisdom and His Love/Law in Communion with Him.